

Title: "Patterns" - issue
part 4: 19/11/2023

- Bismillahirrahmaanirrahmaan
- In The name of Allah,
The Entirely Merciful,
The Especially Merciful

Text/Memo

1. Today was a very difficult day, most of the day from after dhuhā / dhuhā time till night time;

I was back and forth with battling with the "patterns" issue

2. I have an appointment with the local GP in Leicester tomorrow, as it was a severe day of "patterns" today